

Urbana Senior Center

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Fall Exercise Classes

Yoga

Yoga offers tools that anyone can use to improve fitness, circulation, mobility, and a sense of well-being. This class offers excellent, precise instruction in yoga postures and breathing. Join us in building strength and flexibility in body, mind, and spirit.

Open to all, regardless of yoga experience
Please bring a yoga mat (or you may use a chair).

Date: Wednesdays, October 5-December 14
(10 weeks, no class 11/23)

Time: 12:30-1:30 p.m.

Cost: \$30 per participant

Instructor: Margaret Cervarich

Tai Chi: Basic

Improve Balance! Improve Strength of Body!
Achieve Clarity & Focus of Mind! Gain
Calmness & Lightness of Spirit!

Date: Mondays, October 3-December 19
(10 weeks, no class 10/10, 11/7)

Time: Noon-12:55 p.m.

Cost: \$30 per participant

Instructor: Claudia Olson

Tai Chi: Advanced

Improve Balance! Improve Strength of Body!
Achieve Clarity & Focus of Mind! Gain
Calmness & Lightness of Spirit!

(This advanced class is for those who have taken a previous class with Claudia.)

Date: Mondays, October 3-December 19
(10 weeks, no class 10/10, 11/7)

Time: 1:00-2:00 p.m.

Cost: \$40 per participant

Instructor: Claudia Olson

Line Dancing

The dance floor is for everyone! Improve your balance, gain confidence, find the beat, get moving, and have fun! Open to all, regardless of line dancing experience.

Date: Thursdays, November 3-December 8
(5 weeks)

Time: 1:30-2:30 p.m.

Cost: \$15 per person

Instructor: Mary Anne Williams

Morning Exercise

Come exercise with us! These videos are made especially for seniors. Videos may include stretching, strength, balance, mobility and cardio exercises. Bring a light pair of weights for Tuesday exercise.

Date: Mondays: Mobility/Stamina (30 min)

Tuesdays: Strength/Balance (50 min)

Wednesdays: Stretching (45 min)

Thursdays: Mobility/Stamina (30 min)

Time: 10:45 a.m.

Cost: Free, video exercise, no instructor

Wii Games

Bowling, golf or tennis! Drop in and play any of these Wii games.

Days: Thursdays

Time/Cost: 1:00 p.m. Free

